



NEWS RELEASE

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Contact: Cody Austin/Deb Miles, 574.258.5483

Jim Karas to Give Seminar at S.B. Parks O'Brien Center

SOUTH BEND, Indiana – Fitness expert Jim Karas is coming to South Bend! Jim Karas, renowned trainer and best selling author will be at the O'Brien Center gymnasium on Saturday, October 20th, from 10:00 a.m. – 12:00 n to do a fitness demonstration, inform about nutrition, and answer questions to an invited audience of almost 300 participants. The O'Brien Center is located at 321 East Walter Street, South Bend.

Jim has appeared numerous times on the Oprah show and has been featured in her magazine. He is personal trainer to well known individuals such as Gayle King, Diane Sawyer, X-Men Star Hugh Jackman, and Emma Thompson, among others. Mr. Karas' books have been New York Times Amazon.com Best Sellers. His many years of training and success have earned him respect among the industry leaders.

For detailed information on the seminar or Mr. Karas please contact either Cody Austin or Deb Miles at 574.258.5483, or visit www.B100.com and click on morning show.

For more information on Parks & Recreation Department events, facilities, or programs, call (574) 299-4765 or visit www.sbpark.org .